

FITNESS

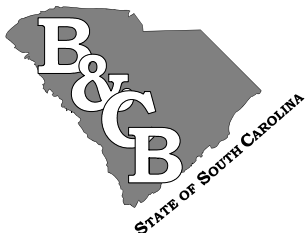
Guide to Physical Activity

An increase in physical activity is an important part of your weight management program. Most weight loss occurs because of decreased caloric intake. Sustained physical activity is most helpful in the prevention of weight regain. In addition, exercise has the benefits of reducing risks of cardiovascular disease and diabetes beyond those produced by weight reduction alone. Start exercising slowly and gradually increase the intensity. Trying too hard at first can lead to injury.

Your exercise can be done all at one time, or intermittently over the day. Initial activities may be walking or swimming at a slow pace. You can start out by walking 30 minutes for three days a week and can build to 45 minutes of more intense walking, at least five days a week. With this regimen, you can burn 100 to 200 calories more per day.

Examples of Moderate Amounts of Physical Activity

1. Washing and waxing a car for 45 - 60 minutes
2. Washing windows or floors for 45 - 60 minutes
3. Gardening for 30 - 45 minutes
4. Pushing a stroller 1 1/2 miles in 30 minutes
5. Walking 2 miles in 30 minutes



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